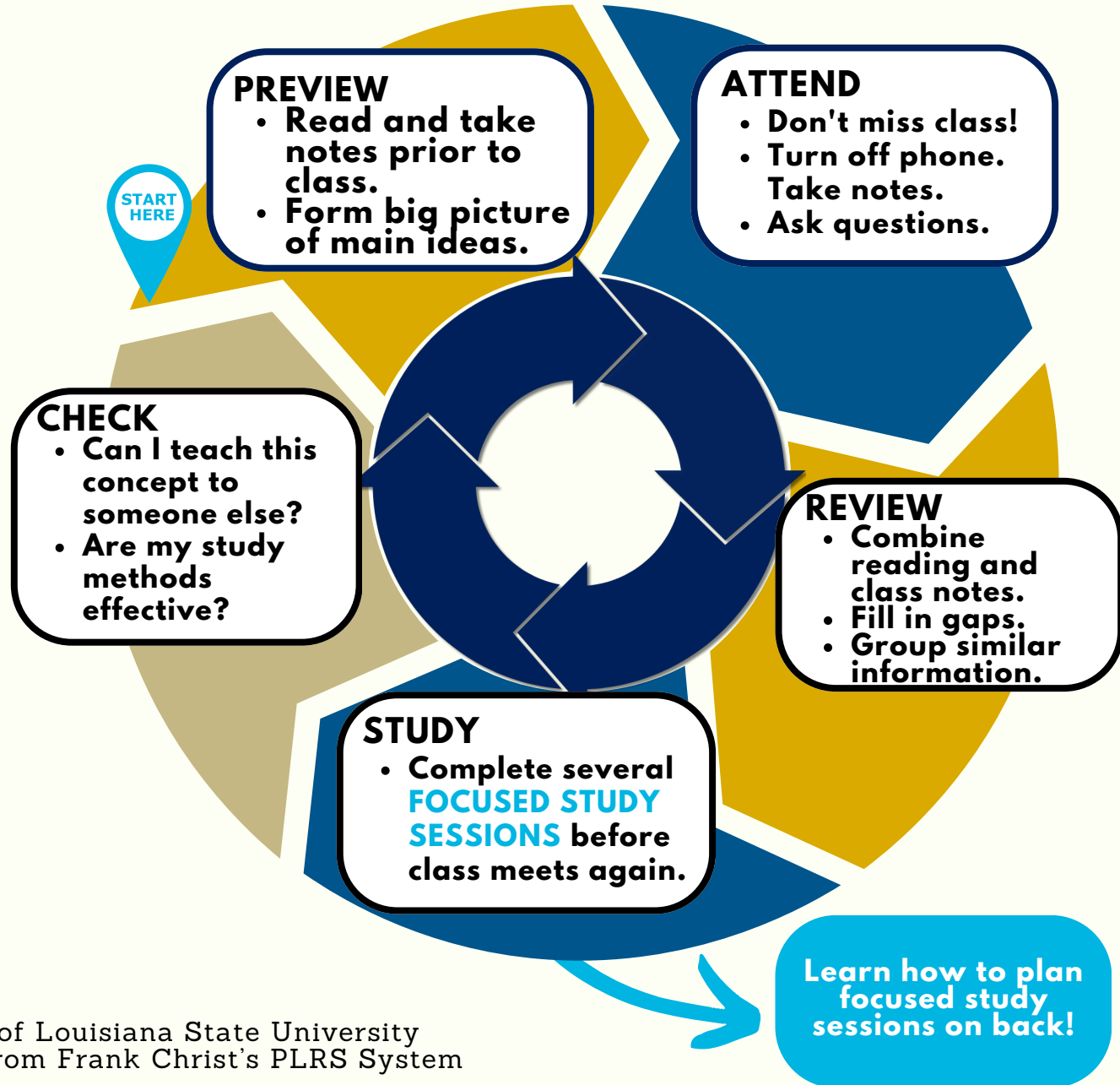


The Study Cycle

Want to improve your time management and study skills? The study cycle is designed to help you get the most out of your in-class time and structure your out-of-class time.



Focused Study Sessions

Sign up for tutoring:
www.wingate.edu/tutoring

Ever feel disappointed after studying for hours and not recalling information? You can learn anything once you learn the techniques that work best for you.

A focused study session is a popular tool that might be the help you need! If you want to use time efficiently, try this system to kickstart your learning.



Focused Study Sessions

Think of a study session as a focused period of time to commit information to memory.

PLAN 1 - 2 minutes

Set a specific goal. Turn off devices, tv, email, phone, text. Commit to no distractions for the session.

STUDY 30 - 50 minutes

Use effective study strategies to deeply engage with the material by using concept maps, read for comprehension, work problems, and more. Remember to think critically by asking : WHY? HOW? WHAT IF?

BREAK 5 - 10 minutes

Step away. Clear your mind. Give your brain a quick reset.

RECAP 5 minutes

Practice recall. Can you summarize your learning? Wrap up this session.

CHOOSE

Are you ready to move onto a new study session? Do you need to continue with this one? Decide your next steps.

If you have questions, email arc@wingate.edu for help!

Used with written permission of Louisiana State University.
Adapted from Frank Christ's PLRS System

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